



Mental Health ADVOCATE

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Mental Health Association in Texas

Association to Celebrate “Family Reunion” with Stella and Charles Mullins

“The Mental Health Association in Texas is pleased to announce a ‘Family Reunion’ to honor Stella and Charles Mullins, Saturday evening, October 13, 2001, Bob Bullock Texas State History Museum,” said Jean R. Setzer, PhD, Chair of the statewide association.

Dr. and Mrs. Mullins are retiring from their present positions this September – Mrs. Mullins as President/CEO of the Mental Health Association in Texas, and Dr. Mullins as Executive Vice Chancellor for Health Affairs for the University of Texas System.

Theirs is a long partnership, beginning as elementary school classmates in Poteet, Texas, and continuing through their professional and volunteer work at the local, state and national levels.

“The Mullins have devoted their lives to health, mental health and human services, but it is for their work and the people they touched during these past two decades that the Mental Health Association is celebrating,” said Betty Jo Hay, former National MHA Board Chair.

As President of the Mental Health Association, Mrs. Mullins nurtured partnerships to achieve great accomplishments in public education, primary prevention, and legislative support for services. These successes include:

- spearheading the Texas Children’s Mental Health Plan, which now provides services for 36,000 children and families annually;
- revising the Texas Mental Health Code;
- conducting information campaigns around children’s mental health, depression screening, housing for persons with mental illnesses; and



Stella and Charles Mullins

- establishing Parents as Teachers early childhood parenting education programs in over 100 schools, child care centers, agencies and churches in Texas, providing personal visits, developmental screenings, and group meetings to 10,000 families annually.

Dr. Mullins is recognized nationally for his work in health care, having served as a leader in his past and present positions. Among his many endeavors: Vice Chairman of Medicine at the University of Texas Southwestern Medical School, CEO of the Dallas County Hospital District, Director of Medical Affairs at Parkland Memorial Hospital, and flight surgeon for the US Air Force.

“When we consider the pace of change in medicine, medical education, biomedical research, and health care during the past 20 years, and when we review the extraordinary accomplishments and advances of the UT health components over those years, there can be no doubt that Charlie has been the right person in the right job at the right time,” said Dan Burck, Chancellor, University of Texas System.

In the future, Mrs. Mullins has promised to continue as a volunteer in the mental health arena and Dr. Mullins will return to a faculty position at UT Southwestern Medical Center at Dallas where he holds the J. Fred Schoellkopf, Jr. Chair in Cardiology. He will also continue at the UT System on a part-time basis as a special assistant to the Chancellor.

***“Family Reunion” Honoring
Stella and Charles Mullins***

Saturday Evening, October 13, 2001

Bob Bullock Texas State History Museum

Twenty Great Years in Advocacy and Education!



During the years I have known Stella and Charles Mullins they have shown themselves to be welcoming, generous and dedicated to improving the health and well being of all Texans.

Prior to coming to the Mental Health Association in Texas, Stella worked as Executive Director of the MHA in Dallas, as a field instructor for UT Arlington, counselor, child welfare and mental health consultant, juvenile caseworker, probation officer, and laboratory instructor.

Stella's resume is long and filled with service on committees and coalitions, serving as a consultant, winning awards...and gritty work, such as garage sales to benefit troubled girls.

I hope that you will join us in our "Celebration," honoring Stella and Charles Mullins and celebrating the successes of the Mental Health Association in Texas under Stella's leadership.

Highlights include:

Jean R. Setzer, PhD, Board Chair

- ★ **2001** – MHAT launches Children's Mental Health and Community Outreach program which provides mental health information to families in English and Spanish.
- ★ **2000** – Association facilitates Project Link, forums across the state to examine and improve doctor-patient relationships in public and private managed care.
- ★ **1999** – MHAT instrumental in state legislation expanding integrated funding for children's mental health services and increasing support for newer and better medication and family support services for mental health consumers.
- ★ **1998** – MHAT partners with mental health providers to initiate the Travis County Children's Partnership, which links wrap-around services for multi-needs families.
- ★ **1997** – Association helps win partial parity for mental health coverage and regulations for managed care organizations.
- ★ **1996** – MHAT develops materials and provides training statewide to make sure children in the juvenile justice system receive mental health services when needed.
- ★ **1995** – MHAT establishes five parenting education centers across Texas that provide direct services to over 8,600 families, including 1,100 parenting classes over four years. Association launches four web sites on mental health and parenting.
- ★ **1994** – MHAT sponsors AmeriCorps Children's Program with 39 community partners across the state, serving over 17,000 children and families in six years.
- ★ **1993** – Association helps win state legislation that strengthens patients' rights and protections.
- ★ **1992** – MHAT works with partners to establish culturally-appropriate, family-focused mental health services in Houston neighborhood.
- ★ **1991** – Association spearheads cooperative effort to establish and implement Texas Children's Mental Health Plan, which provides \$22 million for the biennium, and earmarks, for the first time, funds for children's services.
- ★ **1990** – MHAT brings together nine state agencies to develop the Texas Children's Mental Health Plan.
- ★ **1989** – MHAT publishes *Do Kids Count? How Texas Serves Children and Adolescents with Severe Emotional Disturbance*, which identifies 100,000 seriously mentally ill children in Texas who are not receiving help from schools or agencies.
- ★ **1988** – MHAT sponsors first-ever, statewide Mental Health Consumers Caucus.
- ★ **1987** – Association launches award-winning Parents as Teachers early childhood program, now in 120 schools and agencies across Texas.
- ★ **1986** – MHAT receives United Nations International Year of Shelter Award for Homeless for the *Open the Door* project, developing residential services for persons with long-term mental illnesses.
- ★ **1985** – 50th Anniversary Celebration for MHAT. Legislative Oversight Committee on MHMR, coordinated by MHA in Texas, establishes state legislation that ensure basic core services are provided in each mental health service area.
- ★ **1984** – MHAT pilots Needs Assessment tool, utilizing volunteers to identify and prioritize local mental health needs.
- ★ **1983** – MHAT coordinates statewide uniform implementation and education about newly revised Texas Mental Health Code. Association establishes Texas Mental Health Foundation to support children's programs at local and state MHAs.
- ★ **1982** – MHAT welcomes Stella Mullins and develops Long Range Plan for programs and organization development.

77TH SESSION WRAP UP

The Mental Health Association and its affiliates advocated on behalf of mental health legislation into the final days of the legislative session, which adjourned on Monday, May 28th. The 77th legislative session started out with lots of promising mental health issues, and ended with some positive legislation and some painful defeats.

DOLLARS FOLLOW RESEARCH

“One of the exciting aspects of this legislative session was the greater understanding of mental health issues that the public and legislators demonstrated during the session,” said Melanie Gantt, MHAT Director of Public Policy. This was especially apparent in the area of criminal and juvenile justice. The legislature recognized that unmet mental health needs in children lead to poor outcomes later in life, including criminal involvement. This session, the dollars followed the research.

“The only new money appropriated to mental health services was in the area of criminal and juvenile justice,” said Kim McPherson, Public Policy Specialist. The Texas Council on Offenders with Mental Impairments appropriated \$35 million to create additional mental health services for people on parole and probation, \$25 million for adult services, and \$10 million for children’s services.

The leaner economy was clearly at play. Additional funds allocated for public mental health services replaced budget shortfalls due to increased costs and changes in Medicaid reimbursement rates. Community mental health services received an additional \$41 million for the biennium to maintain current services. Since these new dollars are not an expansion of service, new clients will not be served as a result of these funds. Luckily, the funds did prevent a reduction of service.

The fear of a “CHIP scrub” (Children’s Health Insurance Program) proved to be well founded. Lawmakers had expressed their intent to reduce general revenue funds for children’s mental health services in an amount roughly equal to the new dollars that the state would take in as a result of CHIP. While this hopefully does not reduce services, it means that the hope of CHIP providing the necessary additional funds to expand children’s mental health services will not be realized. The CHIP scrub resulted in a reduction of \$5.8 million for the biennium. TDMHMR has proposed a rule requiring families of CHIP-eligible children to enroll their child in CHIP if they are seeking public mental health services.

By far the most important bill for MHAT during the session was the attempt to ensure that children with mental health disorders receive fair and adequate treatment from their insurance companies. HB 1491 by Rep. David Farabee would have required health insurance companies to provide mental health benefits to children under the age of 18 to the same extent as physical health benefits are provided. This legislation is needed because most biologically based mental illnesses are not diagnosed until a person reaches late adolescence. As a result, current Texas law does not provide protection for children with serious emotional disturbances. Although the bill failed to pass, it did come tantalizingly close. Each chamber voted the legislation favorably, but neither the House nor the Senate version completed the process before time ran out. Both Rep. Farabee and Senator Van de Putte worked incredibly hard for the bill and demonstrated, again, that they understand the integral role that mental health plays in overall health and well-being.

OTHER SESSION HIGHLIGHTS INCLUDE:

Regulating the use of seclusion in public schools

SB 1196 by **Senator Carlos Truan** prohibits the use of a locked box, closet, or other specially-designed locked space to confine a student for either discipline management or behavior management by a school district employee, volunteer or contractor. **Rep. Scott Hochberg** was a truly tireless advocate for this legislation.

Juveniles with mental health and substance abuse disorders

HB 1901 by **Rep. Sylvester Turner** requires the Texas Council on Offenders with Mental Impairments (TCOMI) to conduct a study and develop a comprehensive plan for juveniles with mental health and substance abuse disorders involved or at risk of becoming involved in the juvenile justice system, specifically addressing prevention, intervention and continuity of care guidelines.

Medicaid Buy-In Option

SB 831 by **Senator Mike Moncrief** directs Texas to explore adopting a new Medicaid buy-in option, created by the 1999 federal Ticket to Work and Work Incentive Improvement Act. This option allows individuals with disabilities to retain their Medicaid benefits when their income derived from work makes them ineligible for Medicaid. Adopting this option would be highly beneficial to people with serious mental illnesses who are trying to regain their independence and enter the workforce while maintaining their treatment needs.

Medicaid Simplification

SB 43 by **Senator Judith Zaffirini** contains most of the basic provisions that advocates wanted in a Medicaid simplification bill including a mail-in application and re-certification for Children’s Medicaid; simplified, self-declared assets screening; phased in continuous eligibility for children 0-19; and limiting Medicaid managed care enrollees to changing health plans only once per year.

Medicaid for persons leaving foster care

SB 51 by **Senator Zaffirini** requires the Health and Human Services Commission to provide medical assistance to independent foster care adolescents whose income is 200% - 400% of the federal poverty level. SB51 requires HHSC to set asset and resource levels with certain protections, including the assurance that any financial benefit to be used for educational training is excluded. The Department of Protective and Regulatory Services must certify the income, assets, and resources of each person leaving foster care.

Nursing Home Residents Consent to Psychiatric Medication

SB 355 by **Senator Jon Lindsay** grants nursing home residents, or their legal guardian, power of consent before psychiatric medications are administered.

Veto Fall Out

Governor Perry vetoed 82 bills this session. One was strongly supported by MHAT. **HB 2430** by **Rep. Elliott Naishtat** would have created a health insurance ombudsprogram for all (public and private) insurance consumers. The program would have helped individuals with insurance navigate the increasingly complex health insurance system, and individuals without health insurance identify coverage options and evaluation of those options.

INFORMATION OUTREACH PROGRAMS REACHES THOUSANDS

Since January, the Mental Health Association produced and distributed 43,000 publications across the state on children's mental health issues as part of the Children's Mental Health Public Information and Community Outreach Program. Funded by the Texas Department of Mental Health and Mental Retardation and the Hogg Foundation for Mental Health, the campaign included 3,300 materials in Spanish and 6,200 bilingual pieces.

"With leadership from an Advisory Group and several local focus groups, four publications have been developed," said Kisla Jimenez, Project Director. The publications include:

- A coloring book "How Do You Feel? Como Te Sientes?" for children in grades 1 – 3, which focuses on general feelings
- A pamphlet to assist parents in raising their children's self-esteem "101 Ways to Praise Your Child/101 Maneras Para Alabar a su Niño"
- A brochure on childhood depression "El Niño Deprimido"
- A brochure on Attention Deficit Hyperactivity Disorder (ADHD) in English and Spanish
- A brochure on infant and toddler depression "When Your Infant or Toddler is Sad" in English and Spanish
- A brochure "Adolescent Mental Health"

These brochures will be available on MHAT's websites www.ParentingInformation.org and www.InformacionParaPadres.org for families and mental health professionals to download. Small quantities of the original copies are also available by calling Daisy Wei, 512-454-3706 x 219 or by email: mhainfo@mhatexas.org.

"This statewide effort also includes a number of community partners," said Daisy Wei, Public Information Intern. The partners include El Paso Child Crisis Center, Catholic Charities of Fort Worth, St. Joseph's Health Care Trust, El Centro del Barrio, Family Resource Center (San Antonio), Colonias Initiative, Health and Human Services Commission (Rio Grande Valley), Life Management Center (El Paso), MHMR of Tarrant County, Center for Health Care Services (San Antonio, Border Region MHMR Center (Laredo), and the Tropical Texas Center for MHMR (Edinburg).

The Mental Health Association is pleased to announce that TDMHMR has approved a second year for this project and as in Year One, the association will focus on delivering educational materials to Hispanics/Latinos in Texas.

State of the Art in Children's Mental Health What Really Works!

A Conference for Families and for People Who
Work Directly with Families

February 25 – 27, 2002
Hilton Austin Airport

*State of the art information, research and best practices
about the mental health needs of families.*

Workshop Tracks: -Early Childhood -Elementary Age
-Adolescents -Juvenile Justice -Cross-Cutting Issues

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